

Ready to quit smoking?
Free help is available*
in Rhode Island.



**Counseling by phone + NRT
can double a smoker's chances
of quitting.**

**FREE services are available that can double
your chances of Quit Success.**

► **The Rhode Island Smoker's Helpline (1-800-QUIT-NOW)**

- Get up to 5 free quit smoking coaching lessons by phone.
- Certified Tobacco Treatment Specialists will share strategies to quit smoking, manage cravings, and more!

► **A free two-week supply of Nicotine Replacement Therapy (NRT).**

- NRT is available to eligible callers as patches, gum, or lozenges (while supplies last).
- NRT is clinically proven as safe and effective by the FDA.

1-800-QUIT-NOW

